

Appropriations Committee Hearing
HB 5037 AAC the State Budget for the Biennium Ending June 30th, 2023
DMHAS Budget
Thursday, February 24th, 2022

Good Afternoon, Senator Cathy Osten and Representative Toni Walker. I am a member of Teamworks, the social clubhouse of Reliance Health, a non-profit located in the heart of downtown Norwich. I am an individual that is active in Penobscot Place as well. Penobscot Place is the recovery clubhouse at the agency. I am writing today to ask for funding to supplement the meager budget that exists to run this place that has changed my life.

If I hadn't found Reliance Health I wouldn't be where I am today. I am less anxious, less depressed, and happier. Additionally, I have much better self-esteem and express better self-talk. As of today, I am 7 years and 10 months clean, thanks to my programs and counselors. I find that the recovery groups that Reliance Health has to offer to be a huge help to many members, especially me. Teamworks hosts Dual Recovery Anonymous, (DRA) which I find helpful in my dual recovery which includes addiction and mental health. Anger management helps me to process my anger in a healthy, beneficial way so that I have less trips to D1, the Psychiatric Unit at Backus, Norwich's local hospital. Other groups facilitated by Teamworks include: Men's Group, Women's Group, Writing Group, Recovery for Life, and Journey to Self-Fulfillment. Through participation in groups I have a meaningful life that is no longer fraught with distress.

Teamworks provides support to members so that they have a safe environment outside of the house. While in this safe place, members have the opportunity to get to know themselves, while being open to self-expression of their needs. These opportunities include: attending day trips, learning writing skills, and participation in journaling.

Teamworks helps members like me to find purpose in this ever-changing economically hard time. I Because of my difficulties with anxiety, I often self-sabotage and find frustration when job searching. At Teamworks, I learn the skills for both resilience and job attainment. One day I know I will succeed. For now, Teamworks gives me the purpose that is so necessary for existence in a world that is surrounded by turmoil every day.

Thus, Teamworks and Penobscot Place are two essential parts of Reliance Health that supply so many with the essential support for daily living. Without them I would be at a severe disadvantage, returning to D1 at Backus, time and time again as I used to. With the care and assistance of Reliance Health, my own health is much improved and I have become a competent, capable citizen of CT.